

TOBACCO

Tobacco Use Prevention Education

The District's tobacco-use prevention program shall provide students in grades 7-12 instruction that addresses the following topics: (Health and Safety Code [104420](#))

1. Immediate and long-term undesirable physiologic, cosmetic and social consequences of tobacco use
2. Reasons that adolescents say they smoke or use tobacco
3. Peer norms and social influences that promote tobacco use
4. Refusal skills for resisting social influences that promote tobacco use

(cf. 5131.6 – Alcohol and Other Drugs)

(cf. [6142.8](#) - Comprehensive Health Education)

(cf. [6143](#) - Courses of Study)

As appropriate, the District shall provide or refer students in grades 7-12 to tobacco-use intervention and cessation activities (health and Safety Code 104420)

(cf. 1020 – Youth Services)

(cf. 5141.6 – School Health Services)

(fc. 6164.2 – Guidance/Counseling Services)

In addition to targeting students who currently use tobacco, the District's program shall target student most at risk for beginning to use tobacco as identified through a local needs assessment.

The District shall provide or refer every pregnant and parenting minor enrolled in the District to tobacco-use prevention services. Such services may be integrated with existing programs for pregnant and parenting minors and shall include: (Health and Safety Code [104460](#))

1. Referral to perinatal and related support services
2. Outreach services and assessment of smoking status
3. Individualized counseling and advocacy services
4. Motivational messages
5. Cessation services, if appropriate
6. Incentives to maintain a healthy lifestyle
7. Follow-up assessment
8. Maintenance and relapse prevention services

(cf. [5146](#) - Married/Pregnant/Parenting Students)